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For exchange of information
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NUTRITION

PROGRAM NEWS

U. S. DEPARTMENT OF AGRICULTURE, WASHINGTON, D. C.

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CURRENT SERIAL RECORDS

NUTRITION COMMITTEE MEMBERS MEET WITH ICNE AT ATLANTIC CITY

MARY M. HILL, Ed.D., NUTRITIONIST, CONSUMER AND FOOD ECONOMICS RESEARCH DIVISION

For several years members of the Interagency Committee on Nutrition Education have exchanged information with members of State and local nutrition committees who were attending annual meetings of such professional organizations as the American Home Economics Association (AHEA), the American Dietetic Association (ADA), and the American School Food Service Association (ASFSA).

This year such a session was a scheduled part of the AHEA annual meeting in Atlantic City, N.J., and was open to all interested AHEA members. The session, held June 23, was led by the ICNE retiring chairman, Gretchen Collins, Nutrition Consultant, Heart Disease Control Program, U.S. Public Health Service. Approximately 150 persons attended.

TOPIC: NUTRITIONISTS MOVE INTO PROGRAMS FOR ECONOMIC DEVELOPMENT

Each of the three panel members discussed a different phase of the topic, "Nutritionists Move Into Programs for Economic Development." Mrs. Margaret M. Morris, Consumer Specialist, United Planning Organization, National Capitol Area, Washington, D.C., described how nutritionists and other workers assist in planning of programs. Mrs. Mary Elizabeth White, Home Economics Coordinator, Atlanta Public Schools, Georgia, described the nutritionist's role in Atlanta in training the trainers; and Paul R. Kugler, Administrative Officer, Consumer and Marketing Service, USDA, Washington, D.C., told how nutritionists assist with Surplus Food and Food Stamp Plans.

We assist in planning

Mrs. Morris discussed planning of programs designed to help the poor make their way into the mainstream of Amer-

ican life. These community action programs involve the participants in the entire process from planning through evaluation.

As nutritionists, we are particularly interested in assisting people to establish or maintain good food practices. Our overall objective, however, is to help these people raise their level of living. Practical nutritionists recognize that it is often necessary to provide help in other areas if our particular objectives are to be realized. For this reason, nutritionists assist in planning for concurrent programs to improve literacy, budgeting, home management, and vocational skills.

In the National Capitol area, serviced by the United Planning Organization, the workers from home economics professions have been quite successful in providing leadership guidance for homemakers as they worked with their neighbors.

Mrs. Morris reported several examples of homemakers who worked with their neighbors. They were women who had never attempted to demonstrate a cleaning process, a method of food preparation, or the planning of a market order. Home economists gave them enough guidance to make them feel secure in working with their neighbors. Surprisingly good demonstrations resulted. These women can become paid leaders in community programs.

We train the trainer

Mrs. White described the Atlanta Public Schools' in-service training programs for those who will be working directly with the poor.

Local Head Start projects—programs designed to ready culturally and economically deprived preschool children for the school experience—are providing both breakfast and lunch to participating children. In accordance with the philosophy of the Economic Opportunity Programs, mothers

from the disadvantaged neighborhoods are working at the centers preparing and serving the food.

Professionally trained cafeteria managers from the school system provide guidance on food service to the workers in Head Start centers. Before the centers opened, cafeteria managers participated in a workshop to become acquainted with the objectives of the Head Start Program and to plan how best to help the food service workers. The objective is to provide children with food combinations they will enjoy and that will contribute substantially to their daily need for food.

We assist with Surplus Food and Food Stamp Plans

Mr. Kugler first described briefly the two USDA food distribution programs that make additional food available to families who need it.

Foods that are in surplus are available to States for distribution to needy families. Although the list of surplus food items available changes from time to time, this plan provides important foods to supplement those that families can buy.

In mid-1961, a food stamp plan—designed to help needy families to acquire a more nearly adequate diet and to expand the market for our farm products—was initiated in selected areas of the nation. Eligibility standards are related to the welfare standards of the State and families are certified for participation by the State Welfare department.

Participants include recipients of public assistance and other low-income households. These families exchange the amounts of money they could normally be expected to spend on food for food coupons of higher monetary value based on the extent of their need. Families can purchase foods at retail stores approved to accept food coupons. The retail grocers redeem the coupons through commercial banks.

Studies made in areas where the Food Stamp Plan was in effect, show that the diets of participating families have improved since the plan was initiated. The Food Stamp Act of 1964 will, with time, make this Plan available to all States requesting it.

Those who are concerned with the success of these programs have learned that simply making food available does not insure that it will be used advantageously. The ultimate success of food distribution programs depends on how well the nutritionists and workers in allied professions at the local level help families—

1. Use the surplus foods to advantage.
2. Make wise selections when using the food stamps.

Mr. Kugler described the many ways that these workers have assisted with the food distribution programs of the

Consumer and Marketing Service. Activities were many and varied—from demonstrations on how to use donated surplus foods in housing projects to tips on food buying and preparation sent out with the food coupons to participating families.

IN CONCLUSION

Nutritionists and workers in allied professions are moving into programs for economic development at the national, State, and local levels. All have an important role to play if those who need help are to get the full benefit of the program.

Workers at the national level can help State and local groups take full advantage of the programs. This may be accomplished by the preparation of nutrition guidelines for community programs. State leaders can contribute by interpreting the programs in terms of the many resources within the State. Workers in local community programs can add the contributions from the State and national levels to their knowledge of the local situation. They are in a unique position to channel all available resources to help families raise levels of living.

INTERAGENCY COMMITTEE ON NUTRITION-EDUCATION (ICNE)

Agencies and Their Representatives 1965-66

AMERICAN NATIONAL RED CROSS

Dorothy L. Bovee, Chairman, ICNE,
Mrs. Kester L. Hastings.

DEPARTMENT OF HEALTH, EDUCATION, AND WELFARE

Public Health Service:

Bureau of State Services, Division of Chronic Diseases
—Beth Heap, Sarah Stulb.

Bureau of Medical Services, Division of Indian Health
—Helen Ger Olson, Clare B. Baldauf.

Children's Bureau:

Division of Health Services—Frances Shoun, Mary Ishii.

Office of Education:

Division of Educational Research, Curriculum Development Branch—Elsa Schneider.

Division of Vocational and Technical Education—Dr. Margaret Alexander, Betty Ruth Joyce.

National Institutes of Health:

Office of International Research—Dr. Ernest Parrot.

Food and Drug Administration:

Eugene H. Stevenson, Mrs. Margaret Nicholson.

DEPARTMENT OF AGRICULTURE

Agricultural Research Service:

Consumer and Food Economics Research Division—
Dr. Mary M. Hill, Beryl Becker, Dr. Louise Page, Vice
Chairman, ICNE.

Human Nutrition Research Division—Dr. Willis A.
Gortner, Mrs. Georgina Schlosser.

Consumer and Marketing Service:

School Lunch Division—Janet McFadden, Mrs. Bertha
F. Olsen, Henry Rodriguez.

Farmers Home Administration:

Farm Planning and Supervision Staff—Mrs. Ella Mae
Berdahl, Mrs. Rachael W. Brown.

Federal Extension Service:

Division of Home Economics Programs—Dr. Evelyn
B. Spindler, Margaret Oliver.

International Agricultural Development Service:

Foreign Training Division—Gertrude Drinker, Mrs.
Ruth Silkett.

DEPARTMENT OF INTERIOR

Bureau of Commercial Fisheries—Mrs. Rose G. Kerr,
Mrs. Beverly M. Barton.

DEPARTMENT OF STATE

Agency of International Development—Dr. Jacques May.

OFFICE OF ECONOMIC OPPORTUNITY

Dr. Annabelle S. Sherman, Sue Sadow.

Liaison Representatives

FOOD AND AGRICULTURE ORGANIZATION OF THE UNITED NATIONS

North American Regional Office—Mary A. Ross, Harold
A. Vogel.

PAN AMERICAN HEALTH ORGANIZATION

Dr. Bertlyn Bosley, Dr. John Kevany.

Observer

PRESIDENT'S COUNCIL ON PHYSICAL FITNESS

Federal-State Relations—Simon A. McNeeley.

ICNE Executive Secretary

DEPARTMENT OF AGRICULTURE

Consumer and Food Economics Research Division—
Mabel A. Walker.

CHAIRMEN OF ACTIVE STATE NUTRITION COMMITTEES

Alabama—Harriet H. Cloud, Nutritionist, Jefferson County
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Connecticut—Martha S. Fry, Meadowview Farm, Middle-
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Georgia—Lucille Higginbotham, Head, Extension Health
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New York, State—Eleanor V. Green, Rehabilitation Con-
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New York, City (Food and Nutrition Council of Greater
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Oklahoma—Dr. Helen Barbour, Assistant Dean of Home
Economics, Oklahoma State University, Stillwater.

Rhode Island—Sybil Kaplan, Extension Service, University
of Rhode Island, Kingston.

South Carolina—Janie McDill (Cochairman), Due West.
Dr. Hilla Sheriff (Cochairman), Director, Maternal and
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bia 1.

Texas—Dr. Helen Campbell, Senior Nutrition Consultant, State Department of Health, Austin 14.

Utah—Mrs. Arla Funk, Mt. Fuel Supply Co., 180 East First Street, Salt Lake City.

Vermont—Dr. Merton Lamden, College of Medicine, University of Vermont, Burlington.

Virginia (Subcommittee of the Virginia Council of Health and Medical Care)—Kathryn E. Smith, Director, Dining Services, Reynolds Metal Company, 6601 West Broad Street, Richmond.

Washington—Inez Eckblad, Agricultural Extension Service, Washington State University, Box 328, College Station, Pullman, 99163.

West Virginia—Mrs. Faith Gravenmier, State Supervisor of School Lunch, Department of Education, Charleston 5.

Puerto Rico—Mrs. Raquel M. Perez-Diez, Nutrition Division, Commonwealth Department of Health, San Juan, 99010.

MATERIALS

Listing of these materials is for the information of the reader and does not necessarily mean recommendation. Materials or information concerning materials may be obtained from the address given. Symbols refer to—

GPO—Superintendent of Documents, Government Printing Office, Washington, D.C. 20402.

INF—Office of Information, U.S. Department of Agriculture, Washington, D.C. 20250.

Foods

Eggs in Family Meals: A Guide for Consumers. 1965. 32 pp. Home and Garden Bulletin 103. U.S. Department of Agriculture. Single copies free from INF or 10 cents per copy from GPO.

Getting Enough Milk. Revised 1965. 24 pp. Home and Garden Bulletin 57. U.S. Department of Agriculture. Single copies free from INF or 15 cents per copy from GPO.

Home Freezing of Fruits and Vegetables. Revised 1965. 48 pp. Home and Garden Bulletin 10. U.S. Department of Agriculture. Single copies free from INF or 20 cents per copy from GPO.

Fruits: Consumer Quality Characteristics, Yield, and Preparation Time of Various Market Forms. 1965. 28 pp. Home Economics Research Report No. 29. Agricultural Research Service, U.S. Department of Agriculture.

Food Purchasing Guide for Group Feeding. 1965. Agriculture Handbook No. 284. 54 pp. Agricultural Research Service, U.S. Department of Agriculture.

Surveys

Food Consumption and Dietary Levels of Older Households in Rochester, New York. Corinne LeBovitz and Dorothy A. Baker. 1965. 91 pp. Home Economics Research Report 25. Consumer and Food Economics Research Division, Agricultural Research Service, U.S. Department of Agriculture. Available from GPO at 50 cents per copy.

Applied Nutrition

Nutrition Guidelines for the Project Head Start Feeding Program. May 1965. 11 pp. Available from Office of Economic Opportunity, Executive Office of the President, Washington, D.C. 20506. Free.

Food Buying Guide and Recipes for the Project Head Start Feeding Program. June 1965. 49 pp. Available from Office of Economic Opportunity, Executive Office of the President, Washington, D.C. 20506. Free.

Eat a Good Breakfast to Start a Good Day. Leaflet No. 268. Revised June 1965. Single copies free from INF or 5 cents per copy from GPO.